MOTHER SEIGEL'S ALMANAC & HOME COMPANION 1913

HOUSEHOLD, TOILET, & FIRST AID HINTS - THINGS A MOTHER SHOULD KNOW - THE CARE OF THE SICK - CONUNDRUMS - POPULAR SUPERSTITIONS, MEANING OF NAMES, FLOWERS, & PRECIOUS STONES, WITH MUCH OTHER INTERESTING AND USEFUL INFORMATION.

A WORD OF CAUTION.

IT has become necessary to warn readers of this booklet against so-called recipes for Mother Seigel's Syrup. The true formula of Mother Seigel's Syrup is known only to the Proprietors and cannot be discovered by analysis. We will tell you why. More than a dozen different herbs, roots and other ingredients go to the making of this world-famous remedy and when blended together, as they are in Mother Seigel's Syrup, they defy analysis. Eminent analysts admit that it is impossible to discover by analysis the actual composition of any such mixture of vegetable extracts. They may detect the presence of, perhaps, two or three of these herbal extracts, but beyond that they cannot go.

If you are wise, therefore, you will have nothing to do with these fictitious recipes, or with substitutes, or imitations, but will insist upon having the genuine Mother Seigel's Syrup, prepared only by the Proprietors, A. J. White, Ltd., 35, Farringdon Road, London, E.C.

We claim no miraculous powers for Mother Seigel's Syrup, but we do assert on the authority of tens of thousands of men and women who have sent us grateful letters of thanks, that as a reliable family medicine for Indigestion, Biliousness, and the many distressing ailments which have their origin in some disorder of the stomach, liver and bowels, Mother Seigel's Syrup is unequalled.

Good Digestion is the foundation of Good Health. When digestion fails, whether from loss of tone, a change in the weather, overwork, or errors of diet, nothing so soon restores tone and vitality to the digestive system as Mother Seigel's Syrup. It tones and cleanses the liver, clears the stomach of the decayed products of indigestion—the fruitful cause of head-aches, languor, brain-fag and anaemia. It renews appetite, assists digestion, makes food nourish you, and thus imparts strength and vitality to every part of the body. In tens of thousands of British Homes Mother Seigel's Syrup is the regular family medicine—they need no other!

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WOMAN'S WORK!

To make homes dearer,
And dark skies clearer,
And bring Heaven nearer,
Is Woman's work.

"WOMAN'S work is never done!" Every hour of every day women in all parts of the British Empire are quietly going about their homes, performing the round of tasks that wifehood and motherhood impose upon them. The smooth, efficient working of the home depends upon woman. At all times she is expected to act promptly, to be wise in the management of the home, and to look cheerfully and hopefully towards the future. From cover to cover this book is full of useful and interesting facts and suggestions of practical value, not only to housewives and mothers, but to every member of the family. It tells what foods to eat and what foods to avoid; it contains many good household hints and gives useful information upon the toilet, and care of the skin and the hair. A calendar for each month in the year shows the moon's phases, and the hours of sunset and sunrise. The entertainment of the family has not been forgotten. There are pages dealing with the meaning of Christian names, precious stones, the language of flowers, birthday sayings and jingles, hints on how to choose a wife, and weather lore, etc. Some typical illustrations are also included with a view to showing how wonderful and varied is our great Empire, of which we are so proud.

This book is also a guide to good health—**Good Health in the Home.** Many absolutely true stories of human suffering, many tributes to Mother Seigel's Syrup as a curative herbal medicine for indigestion and all stomach troubles, are to be found within these pages. All this voluntary testimony points to one great fact—that the medicine cures *permanently*. Mother Seigel's Syrup is just as good for men and children, as for women, if the dose is regulated to suit the age and strength of the patient. You ought never to be without a bottle of Mother Seigel's Syrup in the home, for use on the first signs of indigestion and liver troubles.

It *prevents* as well as *cures*
all disorders of the stomach.

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The Importance of Digestion.

"LET the human body *Digest* its food properly and we have an almost perfect machine." These are the words of a once-famous medical man. Ponder them well.

The food you eat passes into your stomach, where in good digestion, it is churned and mixed with natural fluids and juices, and so prepared that the organs of your digestive system may extract from it nourishment—heat and energy for your body. Food, properly digested, keeps the fires of life burning brightly. To state the matter in another way, digestion is the process by which the food you eat is made soluble, capable of being passed into your blood stream—the only channel through which nourishment can be sent to all parts of your body. Therefore, when digestion fails, as in dyspepsia and indigestion, your body is starved, no matter how much food you eat. That is not all. A more dangerous condition follows. Not only is your body robbed of nutriment—it is also slowly but certainly poisoned. The food remaining in your stomach begins to ferment—it produces poisonous gases and acids which, being passed into the blood, shatter your nerves, dull your brain, create disease, give rise to headache, sleeplessness, languor, loss of appetite, palpitation, flatulence, fulness at the chest, and a host of other distressing, weakening disorders of the blood and nerves.

Mother Seigel's Syrup, the great cure for indigestion, goes to the root of your troubles. It contains the medicinal extracts of more than ten different sorts of roots, barks and leaves, which gently stimulate and tone up your stomach, your liver, your kidneys, your bowels. In this way Mother Seigel's Syrup ensures good digestion, and makes food, the fuel of your body, nourish and sustain you. That way good health lies. Turn your back on disease.

Indigestion Cured.

"Five years ago I suffered terribly from Indigestion, pains after eating, with occasional sickness. A lady friend advised me to try Mother Seigel's Syrup, and it may sound incredible, but it is none the less true, that almost immediately after the first dose, some of the pains left me. I am now quite well." Mr. F. B. RAWSON, Chapel Street, Tadcaster. May 8th, 1912.

"A Grand Medicine."

"A few years ago I was very ill with nervous debility, a stomach too weak to retain food, and with flatulence. After taking Mother Seigel's Syrup for a few weeks I was completely cured. I find Mother Seigel's Syrup very good for the weakness following influenza. It is a grand medicine." Mrs. BENTHAM, 80, Coxgreen Road, Dunscar, near Bolton, Lancs. May 10th, 1912.

JANUARY 1913

7th. New Moon ● 10.28 a.m. | 22nd. Full Moon ○ 3.40 p.m.
15th. First Qr. ☽ 4.2 p.m. | 29th. Last Qr. ☾ 7.34 a.m.

1913.		Sunrise.	Sunset.
1	W	8.8	4.0
2	Th	8.8	4.0
3	F	8.7	4.1
4	S	8.7	4.2
5	S	8.7	4.3
6	M	8.6	4.5
7	Tb	8.6	4.6
8	W	8.6	4.8
9	Th	8.5	4.9
10	F	8.5	4.11
11	S	8.4	4.12
12	S	8.4	4.13
13	M	8.3	4.14
14	Tb	8.2	4.15
15	W	8.1	4.17
16	Th	8.1	4.18
17	F	8.0	4.20
18	S	7.58	4.22
19	S	7.57	4.24
20	M	7.56	4.26
21	Tb	7.55	4.27
22	W	7.54	4.28
23	Th	7.53	4.30
24	F	7.52	4.32
25	S	7.50	4.34
26	S	7.49	4.36
27	M	7.48	4.38
28	Tb	7.46	4.39
29	W	7.45	4.40
30	Th	7.44	4.42
31	F	7.43	4.44

GIRLS' CHRISTIAN NAMES.

Nowadays a girl gets her name by the will of her parents, and more often than not without any apparent reason. In days gone by, however, names were given because of their meaning, and fond fathers and mothers tried to fit them to the child. On this and following pages will be found an interesting list of names and their meaning.

Agnes	...	**Chaste.**
Alice	...	**Noble.**
Amy	...	**Beloved**
Anna	...	**Gracious.**
Beatrice	...	**Happy.**
Bella	...	**Beautiful.**
Bertha	...	**Bright.**
Charlotte	...	**Noble.**
Clara	...	**Bright.**
Dorothy	...	**A Gift of God.**
Emma	...	**Gentle.**
Esther	...	**Star.**
Eunice	...	**A Fair Victory.**
Eva	...	**Causing Life.**
Flora	...	**Flowers.**
Florence	...	**Blooming.**
Frances	...	**Free.**

HOUSEHOLD HINTS.

Greasy Dishes.—When washing, add a few drops of liquid ammonia to the water. The work will be more thoroughly and quickly done.

To Remove Paint.—Soak the paint in a little turpentine or paraffin and rub thoroughly.

When the Kitchen Chimney catches Fire.—Throw salt on the fire, and the flames will be quickly extinguished.

Good Firelighters.—Dried potato peelings make excellent firelighters. So do the dried peelings of oranges.

To Remove Stains.—Salt moistened with lemon juice will remove stains from linen without injuring the fabric.

When the Oven is too Hot.—If the oven is too hot, place a basin of cold water in it. This will quickly lower the temperature.

Furniture Polish.—An excellent furniture polish may be made by mixing equal parts of boiled linseed oil, vinegar, and turpentine.

Waterproofing Boots.—Melt together one part of mutton fat and two of beeswax. Apply at night, and rub off next morning.

To make Brown Boots Black.—Rub the discoloured brown boots with slices of raw potato and then apply black polish. After one or two applications they will look perfectly black.

A PERMANENT CURE.

Indigestion and Pains After Eating Dispelled.

MOTHER SEIGEL'S SYRUP cures permanently. It is not a remedy that ensures merely a brief period of freedom from pain, with worse attacks to follow. Right from the first dose the cure begins. Here is one out of hundreds of remarkable cures where Mother Seigel's Syrup has banished pain and suffering, and made life happier and brighter. Mrs. Eliza Line, of 10, Spring Gardens, Wellingborough, writing on April 27th, 1912, says :—

"It is now more than thirty years since I proved the value of Mother Seigel's Syrup. I had been ill—very ill—with Indigestion ; so bad, in fact, that I was afraid to eat ordinary food because of the pain and distress which was sure to follow. For weeks I lived upon biscuits soaked in milk, the only food my stomach was able to retain. I was living in North Staffordshire at the time and was attended by a doctor, but he could do nothing for me, and I got no relief until I tried Mother Seigel's Syrup. Then I got *not only relief but cure.* By the time I had taken four bottles of the Syrup the last trace of Indigestion had disappeared, and I have *not been troubled by the complaint from that day to this.*"

Mrs. Line's cure is of great importance and value. Note that Mother Seigel's Syrup brought about a *permanent cure.* For more than thirty years she has enjoyed good health, has been a happier, a stronger, a healthier woman. *The cure was permanent.*

The healing extracts of herbs, of which Mother Seigel's Syrup is made, banishes the fear of illness, the fear of torturing pains after eating. It makes food nourish you, in the only possible way—by *good digestion.* Mr. J. Haydock Gill, of 35, Eleanor Street, Nelson, Lancs, writing on November 21st, 1911, says :—

"Four years ago I fell ill. I didn't know what was the matter with me, and for a long time it seemed as if nobody could tell me. Accustomed all my life to the enjoyment of good health, the change was a rude shock to me. I could not sleep at night, was troubled with sickness on getting up in the morning, had only a poor appetite, and was very drowsy between midday and night. A mill-hand at Blackburn who was cured of indigestion by Mother Seigel's Syrup, advised me to try it. I bought a large bottle of the Syrup, and by the end of the second week I was a new man. From that day to this there has been no return of my trouble, and I don't expect there will be."

6th. New Moon ● 5.22 a.m. | 21st. Full Moon ○ 2.3 a.m.
14th. First Qr. ☽ 8.34 a.m. | 27th. Last Qr. ☾ 9.15 p.m.

1913.		Sunrise.	Sunset.
1	S	7.41	4.47
2	♑	7.39	4.49
3	M	7.38	4.50
4	Tu	7.36	4.52
5	W	7.34	4.54
6	Th	7.33	4.56
7	F	7.31	4.57
8	S	7.30	4.58
9	♑	7.28	5.0
10	M	7.26	5.2
11	Tu	7.24	5.4
12	W	7.22	5.6
13	Th	7.20	5.8
14	F	7.18	5.10
15	S	7.16	5.12
16	♑	7.15	5.13
17	M	7.13	5.15
18	Tu	7.11	5.17
19	W	7.9	5.19
20	Th	7.7	5.21
21	F	7.5	5.23
22	S	7.3	5.24
23	♑	7.1	5.27
24	M	6.58	5.28
25	Tu	6.56	5.30
26	W	6.54	5.32
27	Th	6.53	5.33
28	F	6.51	5.35

GIRLS' CHRISTIAN NAMES.

Gertrude ...	All Truth.
Grace ...	Favour.
Hannah ...	Gracious.
Harriett ...	Feminine of Harry.
Hilda ...	A Warrior Maiden.
Helen ...	Alluring.
Isabella ...	Fair Eliza.
Janet ...	A Little Jane.
Jemima ...	A Dove.
Judith ...	Praising.
Laura ...	A Laurel.
Mabel ...	Lovely or Lovable.
Margaret ...	A Pearl.
Martha ...	Bitterness.
Mary ...	Bitter.
May ...	A May Maiden.
Phœbe ...	The Sun.
Phyllis ...	A Green Bough.
Rachael ...	A Lamb.
Rose ...	A Rose.
Ruth ...	Beauty.
Sarah ...	A Princess.
Selina ...	The Moon.
Salome ...	Peaceful.
Susan ...	A Lily.
Victoria ...	A Victory.
Winifred ...	A Peacemaker.

CHARACTER READING.

BY THE NAILS.

It is said that the character of a man or a woman may be read from his or her nails. A white mark on a nail points to coming misfortune.

Pale or lead coloured nails denote a melancholy person, and narrow nails, false, ambitious and a quarrelsome disposition; broad nails, a gentle, timid, and bashful nature.

The men of brains and generous feelings have round nails, while small nails show smallness of mind, conceit, and stupidity. Very active men, men who delight in struggling for success, have red and spotted nails. Again, pale nails point to weakness of health and of character.

BY THE EARS.

A thin, sharply pointed ear is said to be linked to bad temper and cruelty.

The small and thin ear, well placed against the head, denotes delicate and refined feeling.

Very thick ears of large dimensions are associated with a sensual and coarse nature.

Great thinkers and great statesmen have been noticed to have large ears, sloping downwards.

Napoleon's ears were rather small, well-formed. The late Lord Salisbury had a massive and well-proportioned ear. Mr. Gladstone's ear had a curved hanging lobe. The ear was close to the head, and had a sloping position.

The Ravages of Indigestion.

Indigestion, Constipation, Headaches — All Gone.

INDIGESTION affects its victims in various ways. Some are sleepless and despondent, some weak and dizzy, some have torturing headaches, and some, periods of sickness. All, or nearly all, suffer from deep depression of spirits. Life seems no longer to hold out hope, or happiness, for them. One of these unfortunate victims was Mrs. Sarah J. Emens, of Dumbard's Farm, Bradwell-on-Sea, Southminster, Essex, who on April 23rd, 1912, expressed her gratitude to the proprietors of Mother Seigel's Syrup in the following terms :—

" For several years I suffered very severely from indigestion, constipation, and headache. Though country born and bred, and living in one of the most healthful localities in England, my life was rendered miserable by these ailments. The pain across my chest after eating used to be so intense that I had the utmost difficulty in getting about, and the headaches almost stupefied me.

" I must say that doctors' medicines relieved me from time to time ; but the effect was not lasting—*there was no cure.* After reading about Mother Seigel's Syrup—a remedy I had often heard favourably spoken of—I thought I would try it. From the first it had a beneficial, though rather slow, effect upon me. But there was distinctly a good effect ; so I persevered in the use of the Syrup, growing better day by day, until I was quite cured."

Martyr to Indigestion and Biliousness

Cured by Mother Seigel's Syrup:

Mr. Geo. Haigh, of 195, Northside Road, Lidget Green, Bradford, Yorks., was a victim of acute indigestion and was often prostrate with sick headaches. His wife, writing to the proprietors of Mother Seigel's Syrup on November 23rd, 1911, tells how he was " a martyr to indigestion and biliousness," and what brought about his cure. She says :—

" I think perhaps you may like to know of the great benefit my husband has received from Mother Seigel's Syrup. Some years ago he was a martyr to indigestion and biliousness and was often prostrate with sick headache. After many failures to find a remedy, Mother Seigel's Syrup cured my husband of his trouble ; and though he has taken a few bottles of the Syrup since, it has been for other reasons, such as the need of a tonic—for which the Syrup has no equal."

MARCH

8th. New Moon ●12.22 a.m. | 22nd. Full Moon ○11.56 a.m.
15th. First Qr. ☽ 8.58 p.m. | 29th. Last Qr. ☾12.58 p.m.

1913.		Sunrise.	Sunset.
1	S	6.49	5.37
2	S	6.47	5.38
3	M	6.44	5.40
4	Tu	6.42	5.42
5	W	6.40	5.44
6	Th	6.38	5.46
7	F	6.35	5.48
8	S	6.33	5.49
9	S	6.30	5.51
10	M	6.28	5.53
11	Tu	6.25	5.55
12	W	6.23	5.56
13	Th	6.21	5.58
14	F	6.19	6.0
15	S	6.17	6.1
16	S	6.15	6.3
17	M	6.13	6.5
18	Tu	6.10	6.6
19	W	6.8	6.8
20	Th	6.6	6.11
21	F	6.3	6.12
22	S	6.1	6.14
23	S	5.59	6.16
24	M	5.56	6.18
25	Tu	5.54	6.19
26	W	5.52	6.20
27	Th	5.50	6.22
28	F	5.47	6.23
29	S	5.45	6.25
30	S	5.43	6.27
31	M	5.40	6.28

THE NAMES OF MEN AND THEIR MEANING.

Alan	...	Harmony.
Albert	...	Bright.
Arthur	...	Noble.
Cecil	...	Dim-sighted.
Charles	...	Noble-spirited.
David	...	Well-beloved.
Edward	...	Happy Keeper.
Ernest	...	Earnest, Serious.
Fred	...	Rich in Peace.
George	...	A Husbandman.
Harold	...	A Champion.
Henry	...	A Rich Lord.
Herbert	...	A Bright Lord.
Hugh	...	High, Lofty.
James	...	Supplanter.
Laurence	...	Crowned with Laurels.
Lewis	...	Defender of the People.
Norman	...	A Northman.
Oswald	...	Ruler of a House.
Patrick	...	A Nobleman.
Percy	...	A Piercing Eye.
Peter	...	A Rock.
Philip	...	A Lover of Horses.
Richard	...	Powerful.
Robert	...	A Counsellor.
Samuel	...	Heard by God.
Thomas	...	A Twin.
Walter	...	A Conqueror.
William	...	Defender of Many.

FOODS TO AVOID.

When taking Mother Seigel's Syrup for any or all of the disorders arising from faulty digestion do not overlook the fact that suitable food is of primary importance. We give here a table showing what foods to avoid in indigestion, biliousness, acidity, and rheumatism :—

In Indigestion.—Avoid rich, fatty foods such as bacon, ham, pork, veal, and fat mutton. Eat sparingly of potatoes and cabbages. Take no pickles of any kind, or any highly seasoned food.

In Biliousness.—Take plenty of exercise. Avoid raw fruits, all fatty foods, and alcohol. Let all meals be light for a few days.

In Acidity.—See that the bowels are not confined. Take light and easily digestible food, such as fish, eggs, and well-cooked vegetables. Avoid beef, pork, bacon, rich pastry, or highly seasoned soups. Take from fifteen to thirty drops of Mother Seigel's Syrup in water after each meal. It will remove the pain and burning at the pit of the stomach.

In Rheumatism.—Avoid porridge, all starchy vegetables such as potatoes, also mustard, pepper, and all condiments, rich meats such as beef and pork. Drink plenty of cold water, and take moderate exercise.

LIVER COMPLAINTS.

The Source of Biliousness.

UNLESS you are exceptionally fortunate, at some time or another in life you will be subject to attacks of biliousness, arising from a disordered state of the liver. With the liver in a healthy, active condition, just enough bile fluid is being produced to aid the process of digestion in the stomach, and of excretion in the bowels. A sufficiency of bile is one of the best guarantees of good, robust health. Too much of it, if neglected, may lead to the worst sufferings known to the human race. When the liver secretes too much bile there is yellowness of the skin, frequent sick headaches, bad taste in the mouth, wind on the stomach, cold, clammy feet and hands, blurred and double vision, followed by prostrating attacks of biliousness. Especially is this the case with women, who of all people have learnt by painful, bitter experience, to dread biliousness and its accompanying terrors.

For liver complaints Mother Seigel's Syrup is the unfailing, well-tried medicine. By regulating the action of the liver it induces a balanced flow of bile, tones up the stomach, and assists the bowels. With these organs in a healthy condition you can face the future with hope and confidence. Try Mother Seigel's Syrup to day.

BLURRED VISION, FLATULENCE, SLEEPLESSNESS — ALL GONE.

Mrs. Rose Reid, 26, Lincoln Road, St. James End, Northampton, was once a victim of indigestion. A friend recommended her to try Mother Seigel's Syrup, and she was cured. Writing on April 29th, 1912, she says :—

"About ten years ago, I fell ill of Indigestion. I met an old lady friend to whom I explained my case. My general symptoms were, want of appetite, with pain at the chest whenever I forced myself to eat a little food; fearful headaches, so severe that they affected my sight; and occasional fainting fits. My friend simply said : 'My girl, you need some Mother Seigel's Syrup.' I took in all three bottles, and by that time was completely cured."

Mrs. Henrietta Smith, of the Huntsman and Hounds Inn, Spexhall, Halesworth, Suffolk, in a letter sent to us on November 29th, 1911, says :—

"For several months I suffered from indigestion, wind gathering round my heart, and constipation. I was often obliged to sit up in bed half the night. To lie down was impossible. I bought a small bottle of Mother Seigel's Syrup and the very first dose of Syrup did me some good; so I bought a larger bottle of it; and after taking the medicine for a few weeks found, to my delight, that I was completely cured. My husband is now taking the Syrup, and it is doing him a world of good."

APRIL

SCOTLAND

6th. New Moon ● 5.48 p.m. | 20th. Full Moon ○ 9.33 p.m.
14th. First Qr. ☽ 5.39 a.m. | 28th. Last Qr. ☾ 6.9 a.m.

1913.		Sunrise.	Sunset.
1	Tu	5.38	6.29
2	W	5.36	6.31
3	Th	5.34	6.33
4	F	5.31	6.35
5	S	5.29	6.36
6	S	5.27	6.38
7	M	5.25	6.39
8	Tu	5.23	6.41
9	W	5.21	6.43
10	Th	5.18	6.45
11	F	5.16	6.47
12	S	5.14	6.49
13	S	5.12	6.51
14	M	5.9	6.52
15	Tu	5.7	6.53
16	W	5.5	6.55
17	Th	5.3	6.57
18	F	5.1	6.58
19	S	4.59	6.59
20	S	4.57	7.1
21	M	4.55	7.3
22	Tu	4.52	7.5
23	W	4.50	7.6
24	Th	4.48	7.7
25	F	4.46	7.9
26	S	4.44	7.11
27	S	4.42	7 13
28	M	4.40	7.14
29	Tu	4.38	7.16
30	W	4.36	7.18

HOW TO CHOOSE A WIFE.

Endeavour to see the girl you intend to marry as early in the morning as possible, and note whether she is tidy, limp, or frowsy.

Notice how she treats her pets—her dog, her canary, her little sisters.

If she treats her mother, her father, her sisters and brothers, her pets, with consideration and love, she will probably treat you in the same way.

Beware of the girl with a sharp temper, a wagging tongue, a conveyor of scandal, a lover of the sensational.

Choose a girl for virtue, for sweetness, for kindness, for nobleness of heart and feeling.

Remember that a man wants an honourable, a courageous, a patient wife. He has to live with her all his life—after that it does not matter.

When you have found a girl who is neat, trim, true, healthy, and wise, sail in and win her.

THINGS EVERY MOTHER SHOULD KNOW.

Fish Bone in the Throat.—A raw egg swallowed immediately will generally be found to carry down a fish bone that cannot be got up from the throat.

In Convulsions.—Twitching of the fingers, and doubling of the thumbs into the palms of the hands, are signs of convulsions. Attacks may sometimes be warded off by an emetic or hot bath. If the child has been subject to fits, send for a doctor.

Severe Cuts.—A clean cut heals better when the wound is not washed. If there is dirt, or particles of grit in the cut, it should be washed in warm water. Then apply a little Kno-Ska (No Scar), which heals quickly. Always have it handy in your cupboard.

Croup.—Mothers should remember that croup is a highly dangerous affection of the larynx. As soon as there are signs of a dangerous attack, a doctor should be called in. Meanwhile, give a teaspoonful of ipecacuanha wine, to bring about vomiting.

When a Child is burnt.—Do not apply water, or you will drive the little one mad with pain. Apply Mother Seigel's Ointment and cover the part affected with cotton wadding or clean linen to keep it from the air.

A MAN'S BREAKDOWN.

Headaches—Vomiting—Biliousness Dispelled.

ONE of the worst features of biliousness is the sufferer's inability to retain food on the stomach. The excess of bile causes frequent vomiting, accompanied by violent headaches, and acute pains in the stomach. By slow but well-defined stages the victim goes from bad to worse. He gives up hope and regards the future with despair. Even in such extreme cases Mother Seigel's Syrup can bring about a cure. Read the following account of a man's breakdown, a man who up to 42 years of age had been in the possession of good health. Writing on May 7th, 1912, Mr. W. Avery, of 27, Prospect Place, Armley, Leeds, says :—

"I am 42 years of age, and last November fell ill for the first time since I was a child, so, on the whole, I have not much to complain of on the score of health. But it seemed as if I were about to have my share of illness all at once. I was troubled with headache (quite a new thing to me), and frequently vomited, whether I had eaten anything or not, bringing up a yellow fluid of intense bitterness. My appetite quite deserted me, and I became weak, though naturally a strong man. Then I became so bad that I had to stay away from my work a whole week—a thing I had *never done before.* Then my wife persuaded me to try Mother Seigel's Syrup ; but as she had taken the Syrup for an entirely different complaint (anæmia), and that many years ago, I refused at first. When finally I took a few doses, I felt the benefit at once and *needed no persuasion to continue its use.* I took the Syrup regularly for about five weeks, and was perfectly cured at least a fortnight before I left off taking the medicine."

Mr. Avery's was a serious case, due, as his letter shows, to complete derangement of the digestive organs. Deprived of nourishment from food, his body would eventually have reached such a state of weakness as to be beyond human aid. His case was very similar to hundreds of others to which our attention is called every year. Usually the starting point in the breakdown of the digestive organs can be traced first of all to acute constipation, and then to food fermenting in the stomach. Mr. Avery went the right way to bring about a cure—he took Mother Seigel's Syrup. The herbal extracts of which this famous household medicine is compounded quickly removes the pains and discomforts of indigestion. Try it for your case to-day.

MAY

WALES

6th. New Moon ● 8.24 a.m. | 20th. Full Moon ○ 7.18 a.m.
13th. First Qr ☽ 11.45 a.m. | 28th. Last Qr. ☾ 12.4 a.m.

1913.		Sunrise.	Sunset.
1	Th	4.34	7.20
2	F	4.32	7.22
3	S	4.30	7.24
4	♋	4.29	7.25
5	M	4.27	7.27
6	Tu	4.26	7.28
7	W	4.24	7.29
8	Th	4.22	7.30
9	F	4.20	7.32
10	S	4.19	7.33
11	♋	4.17	7.35
12	M	4.15	7.37
13	Tu	4.13	7.39
14	W	4.12	7.40
15	Th	4.10	7.42
16	F	4.9	7.43
17	S	4.7	7.45
18	♋	4.6	7.46
19	M	4.5	7.47
20	Tu	4.4	7.48
21	W	4.2	7.50
22	Th	4.1	7.51
23	F	4.0	7.53
24	S	3.59	7.55
25	♋	3.58	7.56
26	M	3.56	7.58
27	Tu	3.55	7.59
28	W	3.54	8.0
29	Th	3.53	8.1
30	F	3.52	8.2
31	S	3.51	8.3

PRECIOUS STONES.

In more superstitious days than those in which we live marvellous properties were attributed to many of the precious stones. We give the different months and the stones sacred to them, with their respective meanings.

January ... **Garnet.**
Constancy, Fidelity.

February ... **Amethyst.**
Prevents violent passions.

March ... **Bloodstone.**
Courage, wisdom.

April ... **Sapphire.**
Denotes repentance.

May ... **Emerald.**
Denotes true love.

June ... **Agate.**
Health and prosperity.

July ... **Ruby.**
Discovers poison.

August ... **Sardonyx.**
Preserves love.

September ... **Chrysolyte.**
No evil passions.

October ... **Opal.**
Denotes hope.

November ... **Topaz.**
Fidelity and friendship.

December ... **Turquoise.**
Prosperity in love.

THE CARE OF THE HAIR.

To ensure a good head of hair, observe these rules :—

The hair must be kept clean, it must be combed regularly, and brushed vigorously. Allow the air to play upon it regularly. This stimulates growth and improves the texture.

Avoid stains, dyes, and bleaches. Always use a good hairbrush. To keep the bristles stiff and firm, wash the brush in tepid water to which a few drops of ammonia have been added. Hang up to dry in a warm place.

Use brilliantine as a dressing. It keeps the hair soft, and assists growth. Make it by boiling an ounce of quince seeds in a pint and a half of water till reduced to half that quantity. Then strain off the liquor and bottle. Scent with any essence desired.

Wash the hair occasionally with some good cleansing mixture. Here is a suitable one :— Pour a quart of boiling water on a small handful of rosemary ; add a piece of ammonia the size of a walnut. Allow to stand till cool, when strained it will be ready for use.

Dandruff, in time, will ruin the best head of hair. It can be cured by regular application of sweet almond oil to the head, every night. Rub this in well, and the following morning rinse the hair with soap and water. Brilliantine also tends to keep down dandruff.

The Dangers of Constipation.

CONSTIPATION is a very common and a very dangerous complaint. It afflicts five or six out of every nine or ten persons, and frequently leads to the ruination of their health. Many cases of appendicitis, even of peritonitis, that dread and almost incurable disease, can be directly traced to chronic or neglected constipation. When the bowels fail to act promptly, when they do not regularly expel the waste matter of the digestive process your good health is in danger. Stomach, liver, kidneys, each in turn become irregular in their action. You have excruciating attacks of backache, the blood is charged with impurities, headaches are frequent, the skin sallow, blotchy, disfigured by pimples. The bloom of health and beauty gives place to the haggard look and pallid hue of disease.

The many dangers that arise from constipation may be avoided by a course of Mother Seigel's Syrup, the most successful, the most popular, and the safest remedy for inactive bowels. The curative extracts of roots, barks and leaves, of which Mother Seigel's Syrup is compounded, gently stimulate the bowels to healthy action, and tone up the liver and stomach. There is no violent purging action with Mother Seigel's Syrup. Try it for your case—to-day.

Chronic Constipation Cured.

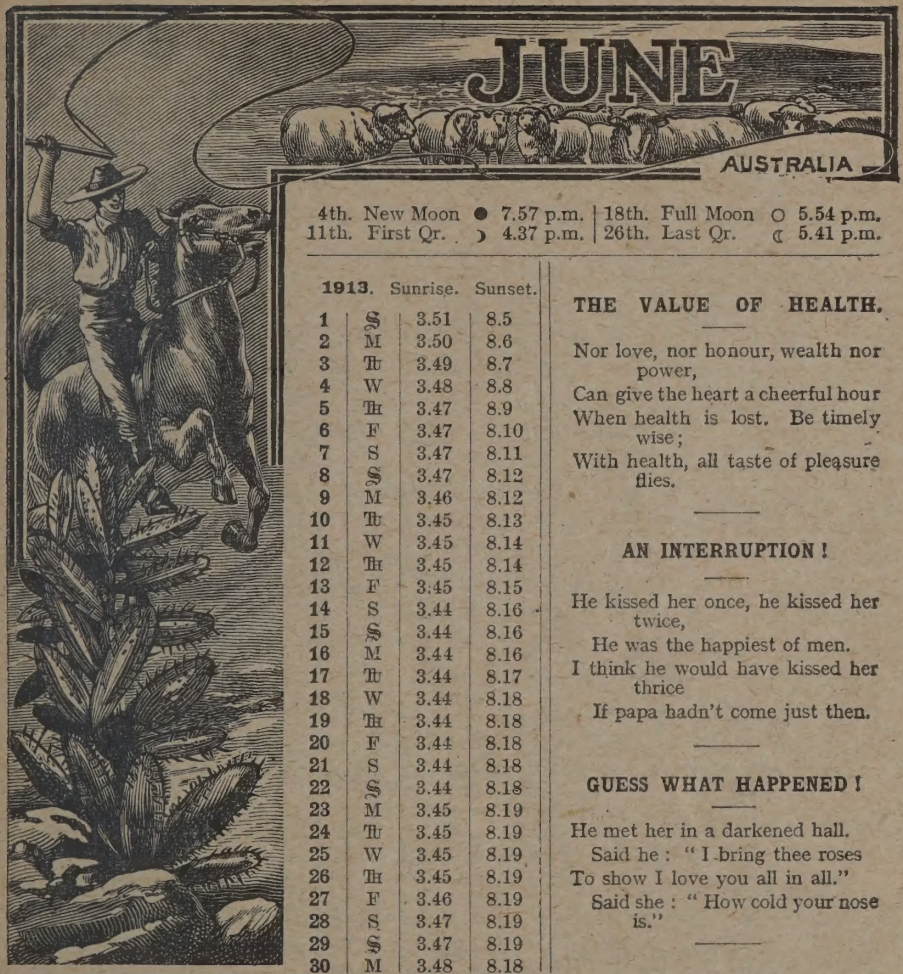
Mr. J. Rawlinson, 9, Blewitt's Cottages, Hornchurch, Essex, was completely cured of chronic constipation by three bottles of Mother Seigel's Syrup. He writes, on April 22nd, 1912 :—

"For a long time I suffered from chronic constipation and pains in the back, so severe that my life was a misery and my ordinary work almost beyond my power. So wretched was I that the slightest thing irritated me, and I could not bear to be spoken to. It was long before I could find any relief. At last, I was advised to take Mother Seigel's Syrup, and by the time I had consumed the contents of one bottle I was very much better. I found three bottles sufficient for my complete cure ; and I am now as well and as capable of working as ever before in my life."

Husband and Wife Cured.

Writing on May 2nd, 1912, Mrs. H. Dobson, of Ferry House, Stapenhill, Burton-on-Trent, says :—

"For years both my husband and myself were sufferers from indigestion. I used to endure cruel pain at the chest shortly after every meal and was obliged to be very particular as to what I ate. My husband was almost the same. We were induced to try Mother Seigel's Syrup. I bought one of the larger sized bottles and its effect upon my husband and myself was so good that we continued to take the medicine a little while. Mr. Dobson was the first to be cured ; but my cure followed soon after. I still, however, always keep a bottle of the Syrup in the house and take an occasional dose of it—not for Indigestion, but as a tonic, and I find it an excellent one."



4th. New Moon ● 7.57 p.m. | 18th. Full Moon ○ 5.54 p.m.
11th. First Qr. ☽ 4.37 p.m. | 26th. Last Qr. ☾ 5.41 p.m.

1913.		Sunrise.	Sunset.
1	♑	3.51	8.5
2	M	3.50	8.6
3	Tu	3.49	8.7
4	W	3.48	8.8
5	Th	3.47	8.9
6	F	3.47	8.10
7	S	3.47	8.11
8	♑	3.47	8.12
9	M	3.46	8.12
10	Tu	3.45	8.13
11	W	3.45	8.14
12	Th	3.45	8.14
13	F	3.45	8.15
14	S	3.44	8.16
15	♑	3.44	8.16
16	M	3.44	8.16
17	Tu	3.44	8.17
18	W	3.44	8.18
19	Th	3.44	8.18
20	F	3.44	8.18
21	S	3.44	8.18
22	♑	3.44	8.18
23	M	3.45	8.19
24	Tu	3.45	8.19
25	W	3.45	8.19
26	Th	3.45	8.19
27	F	3.46	8.19
28	S	3.47	8.19
29	♑	3.47	8.19
30	M	3.48	8.18

THE VALUE OF HEALTH.

Nor love, nor honour, wealth nor power,
Can give the heart a cheerful hour
When health is lost. Be timely wise;
With health, all taste of pleasure flies.

AN INTERRUPTION!

He kissed her once, he kissed her twice,
He was the happiest of men.
I think he would have kissed her thrice
If papa hadn't come just then.

GUESS WHAT HAPPENED!

He met her in a darkened hall.
Said he: "I bring thee roses
To show I love you all in all."
Said she: "How cold your nose is."

SOME BRIGHT CONUNDRUMS.

(*For Answers see page* 25.)

1. Why is a schoolmaster like a shoeblack?
2. What is the best dress improver?
3. Why is an author the queerest animal in the world?
4. When is a bonnet not a bonnet?
5. What smells most in a chemist's shop?
6. What do liars do after death?
7. Why is death like the letter "e"?
8. Why is a kiss like a rumour?
9. Why did the man call his rooster "Robinson?"
10. Why does a publican get more profit than his neighbour?
11. What is the difference between a schoolboy and a schoolmaster?
12. Why is flirting like plate powder?
13. Who was the straightest man in Bible times?
14. Why has "kiss" two S's?

CONSTIPATION AND HEADACHES.

Two Remarkable Cures.

ONE of the most pronounced symptoms of acute constipation is the frequency of headaches. You rise in the morning with a dull aching pain under the temples, with lack-lustre eyes, and a haggard expression, a feeling of great weariness, and depression of spirits. These are sure signs that the system is being poisoned by the waste matter which the bowels should have expelled. Unless you resort at once to Mother Seigel's Syrup you may be in a worse plight than the two persons whose testimony we give below. Rest assured that you can be cured just as effectively and certainly as they were. Says Mr. Robt. Woodgate, of Witherenden Cottage, Ticehurst Road, Stonegate, Sussex, on April 18th, 1912 :—

" Some months ago I fell ill of indigestion. My trouble consisted of flatulence, headache, and constipation. The flatulence was so severe that I have many a time paced up and down my bedroom all night long, quite unable to get a wink of sleep. A night spent in this manner would be followed by an equally dreadful day of dull, oppressive headache. For a long time I could find no relief, though I tried many medicines and several different kinds of treatment, but two bottles of Mother Seigel's Syrup and three boxes of Mother Seigel's Pills cured me. Now, I *never miss an opportunity* of recommending these remedies."

Cured after Years of Suffering.

After several years of the misery that accompanies indigestion, Mrs. Jane Eliza Childs, of East Lodge, Amport, near Andover, Hants, was made a happy, healthy woman by Mother Seigel's Syrup. Writing on November 3rd, 1911, she says :—

" For twenty years I suffered from nausea and violent headache, due to indigestion. I despaired of finding a cure. A little more than a year ago I decided to make a trial of Mother Seigel's Syrup, and bought one of the small bottles. Its effect delighted me beyond measure. I had not taken quite half of it before I felt better in every way. This encouraged me to continue the use of the medicine ; and I took, in all, six small bottles. By that time the sickness and headaches had ceased entirely and my appetite was better than I ever knew it to be before. I feel confident there will be no return of my old complaint ; but in case there should be, I have a bottle of Mother Seigel's Syrup in my cupboard, and know what to do with it."

4th. New Moon	● 5.6 a.m.	18th. Full Moon	○ 6.6 a.m.
10th. First Qr.	☽ 9.37 p.m.	26th. Last Qr.	☾ 9.59 a.m.

1913.		Sunrise.	Sunset.
1	Th	3.48	8.17
2	W	3.49	8.17
3	Th	3.50	8.17
4	F	3.51	8.16
5	S	3.51	8.16
6	S	3.52	8.15
7	M	3.53	8.15
8	Tu	3.54	8.14
9	W	3.55	8.14
10	Th	3.56	8.13
11	F	3.57	8.13
12	S	3.58	8.12
13	S	3.59	8.11
14	M	4.0	8.10
15	Tu	4.2	8.9
16	W	4.3	8.8
17	Th	4.4	8.8
18	F	4.5	8.7
19	S	4.6	8.6
20	S	4.7	8.5
21	M	4.9	8.3
22	Tu	4.11	8.2
23	W	4.12	8.0
24	Th	4.13	7.59
25	F	4.14	7.58
26	S	4.16	7.56
27	S	4.17	7.55
28	M	4.18	7.54
29	Tu	4.20	7.52
30	W	4.21	7.51
31	Th	4.23	7.49

THE LANGUAGE OF FLOWERS.

Carnation.—As a gift, means disdain.

Clover, White.—Enclosed in a letter means, "Think of me."

Daisy.—Worn as a buttonhole, represents innocence.

Hyacinth.—Indicates loveliness.

Lily of the Valley.—Denotes the return of happiness, after misery.

Mignonette.—Handed to a lady means, "You are charming."

Pansy.—For thoughts. "I think of thee."

Primrose.—If sent to a man by his sweetheart, shows that she thinks him inconstant.

Rose.—The flower of love. To give one to a lady is to pay a compliment. To receive one, a token of affection.

Rosebud, Moss.—The bud of the moss rose, offered in the hand, or sent by letter, is a confession of love.

Sweet Pea.—Should a lady offer a sweet pea to a gentleman, the flower then means, "Depart, I am tired of your company."

Heather.—A gift of common heather is a sign of admiration or friendship; of white heather, a token of love and loyalty.

HINTS FOR THE TOILET.

Lemon Juice added to warm water will remove all stains from the fingers and nails. Rub in with a nail brush.

Inkstains.—A ripe tomato will remove inkstains from the hands. Try it; rub it in well.

Weak Eyebrows and Lashes.—To strengthen the growth and darken the colour use cocoa butter. Apply it at bed time.

Bathing the Eyes.—Bathe the eyes with cold water several times a day. This will strengthen and brighten them, even to old age.

To Free the Hands from Odours.—Take a little dry mustard, mix with water, and rinse the hands in it. This will remove all disagreeable odours, such as arise from onions, cabbage-water, and cod liver oil.

Eyelashes should not be cut.—They are pointed by nature. When cut, the points are never regained, although fresh lashes come in time.

Redness of the Hands.—To remove, beat together an ounce of clear honey, one ounce of almond oil, the juice of a lemon, the yolk of a raw egg, and apply at night to the hands.

The Sponge.—To keep sponges in good condition they should be washed occasionally in warm water, with a little common washing soda added. Afterwards, rinse in clean water.

Comb and Rub the Scalp of the head with the hand. It draws the blood up to the surface of the skin, and not only relieves headache, but adds new strength to the hair.

THE AILMENTS OF WOMEN.

How They May be Cured.

WOMEN have more pain to bear than men, and they bear it better. A man may sometimes go through life without bothering about the state of his health, but a woman cannot afford to be so unwise. From girlhood onwards her health must be safeguarded. Therefore, all women should realise that good health is impossible unless food is properly digested, for when food is well-digested the body is well nourished—supplied with rich, red blood. On the other hand, if digestion fails, if the stomach, the liver, and the bowels fail to do their work, a woman will probably have continual headaches, and all the troubles that arise from weakness and constipation. Again, should a woman escape illness up to the time of her marriage, later on she may have to face the dangers of a deranged system which threaten every mother. Even at the most critical period of life women derive from the use of Mother Seigel's Syrup a degree of relief and benefit not obtained from any other medicine. Melancholy and profound depression of spirits give place to a wholesome and natural cheerfulness under its influence. It dispels those conditions of the blood which cause the tendency to tumour, the formation of varicose veins, and other evils of a clogged circulation.

As a remedy for the habitual costiveness from which women frequently suffer, and for all the distressing symptoms peculiar to the season of change, Mother Seigel's Syrup has no equal. Mother Seigel's Syrup is the world's standard remedy for disorders of the stomach, liver, and bowels. From girlhood to old age it is woman's best friend. Take it daily after meals.

A Woman's Eloquent Testimony.

The proprietors of Mother Seigel's Syrup receive many letters from women telling of the good they derive from this famous household remedy. These letters are the heartfelt expressions of gratitude from women who have been relieved of pain, and brought back to health. Here is one from Mrs. Emily Riddle, Crayfield, Cranham, near Stroud, Gloucestershire. Writing on November 6th, 1911, she writes :—

"It is many years ago now—more than I care to remember—since I first *proved the worth* of Mother Seigel's Syrup. I used, as a young woman, to suffer severely from indigestion, and had to be very careful of what I ate. Fortunately for me, my attention was soon called to Mother Seigel's Syrup, and that well known remedy speedily *put an end to my trouble.* It is a *first-rate tonic.* My daughter has also been cured of anæmia by Mother Seigel's Syrup, which is the only medicine used in our family."

AUGUST

CANADA

2nd. New Moon	● 12.58 p.m.	25th. Last Qr.	☾ 12.18 a.m.
9th. First Qr.	☽ 4.3 a.m.	31st. New Moon	● 8.38 p.m.
16th. Full Moon	○ 8.27 p.m.		

1913.		Sunrise.	Sunset.
1	F	4.24	7.48
2	S	4.26	7.46
3	S	4.28	7.44
4	M	4.30	7.43
5	Tu	4.31	7.41
6	W	4.33	7.39
7	Th	4.34	7.38
8	F	4.35	7.37
9	S	4.36	7.34
10	S	4.38	7.32
11	M	4.40	7.30
12	Tu	4.41	7.29
13	W	4.43	7.27
14	Th	4.45	7.25
15	F	4.46	7.22
16	S	4.48	7.20
17	S	4.49	7.19
18	M	4.51	7.17
19	Tu	4.52	7.15
20	W	4.53	7.13
21	Th	4.55	7.11
22	F	4.57	7.9
23	S	4.59	7.7
24	S	5.0	7.4
25	M	5.2	7.2
26	Tu	5.4	7.0
27	W	5.6	6.58
28	Th	5.7	6.56
29	F	5.9	6.54
30	S	5.10	6.52
31	S	5.11	6.49

THE HAPPY DAY.

Wed on Monday, always poor.
Wed on Tuesday, wed once more
Wed on Wednesday, happy match.
Wed on Thursday, splendid catch.
Wed on Friday, poorly mated.
Wed on Saturday, better waited.
Wed on Sunday, Cupid's wooing.
Wed in the morning, quick undoing.

THE VANITY OF CHOOSING.

What you lose another gains,
What you gain another loses;
O, what a clash of joys and pains
Could each of us have what he chooses.

A WOMAN'S WAY.

Man wants but little here below,
He is not hard to please.
But woman, bless her little heart,
Wants everything she sees.

POPULAR SUPERSTITIONS.

Superstitions still find a place in the popular mind, but they are losing their hold year by year. Education tends to drive away spooks, ghouls, and omens. Still, though the majority of us are no longer superstitious, we cannot deny the interest that attaches to these old-time sayings. For that reason we give a few of them, as follows :—

When your nose itches something is going to happen to vex you.

If your right eye itches it is a sign of good luck; if your left eye, bad luck.

A spider descending upon you from the roof is a token that you will soon have a legacy from a friend.

Candle lights burn blue and dim when invisible beings are present.

If you have any white marks on your nails, commonly called "gifts," you may expect to get as many presents as there are marks, as soon as these get up to the nail ends, in the course of their natural growth.

It is said that old maids believe that when their shoes come untied, and keep coming untied, their sweethearts are talking or thinking of them.

If a sweetheart, on his way to see his lady love, should stub his right toe he will surely be welcome, but if he stubs his left he may know that he is not wanted.

MOTHER SEIGEL'S SYRUP BANISHES

Sickness—Stomach Pains—Sleeplessness.

THE peculiar nature of the ailments from which women suffer often bring them periods of abject misery and acute suffering. It is very true of woman that she is a martyr to disease in many forms. It is also very true that thousands of women have been made healthy and strong by the simple method of taking Mother Seigel's Syrup at times when they knew that attacks of illness were close at hand. This famous herbal remedy, which is compounded of more than ten different barks, roots, and leaves, keeps the stomach, liver and bowels in an active, normal condition. Says Mrs. Louise Gilbert, of 207E, Guinness Trust Buildings, Hammersmith, London, W., in a letter forwarded to us on December 12th, 1911 :—

" For nearly eight months I was downright ill from dyspepsia. During that period, which seemed like a lifetime, I was an out-patient of two hospitals, and a dispensary. My stomach would not retain food, though I was very careful as to what I ate, and ate very sparingly. Constant vomiting wore me down, and I became very thin and emaciated. At last I became so bad that I was confined to my bed, and it was at that stage of my illness that I tried Mother Seigel's Syrup. From the time of taking my first dose of that medicine the sickness began to abate and within a fortnight had ceased entirely. That took place well over a year ago. I am confident that my cure is permanent and complete."

Mrs. Gilbert's experience is similar to that of thousands of her sisters, whose pallid cheeks, dim eyes, and emaciated figures bespeak the sufferings they endure. There is no better friend of Mother Seigel's Syrup than a woman whom it has restored to health. Miss J. Hayes, of 1, New Cottages, Mill Road, Fareham, Hants, in a letter dated April 19th, 1912, says :—

" I have been a great sufferer from indigestion in an acute form, and for a long while I endured great pain at the chest after eating, with continuous dull pain at the right side, and was unable to sleep. I took Mother Seigel's Syrup, and its effect upon me has been so good that I have not had occasion to call in a doctor for more than three years. It has quite cured me of indigestion ; but I still continue to take the Syrup, as I find my general health so very much better when using it."

SEPTEMBER

SOUTH AFRICA

7th. First Qr. ☽ 1.6 p.m. | 23rd. Last Qr. ☾ 12.30 p.m.
15th. Full Moon ○ 12.46 p.m. | 30th New Moon ● 4.57 a.m.

1913.		Sunrise.	Sunset.
1	M	5.13	6.46
2	Tu	5.15	6.44
3	W	5.17	6.42
4	Th	5.18	6.40
5	F	5.20	6.38
6	S	5.21	6.35
7	S	5.23	6.33
8	M	5.25	6.31
9	Tu	5.26	6.28
10	W	5.27	6.26
11	Th	5.29	6.24
12	F	5.30	6.22
13	S	5.32	6.19
14	S	5.34	6.17
15	M	5.35	6.15
16	Tu	5.37	6.13
17	W	5.39	6.11
18	Th	5.40	6.8
19	F	5.42	6.6
20	S	5.44	6.4
21	S	5.45	6.1
22	M	5.47	5.59
23	Tu	5.49	5.57
24	W	5.50	5.54
25	Th	5.51	5.52
26	F	5.53	5.50
27	S	5.54	5.48
28	S	5.56	5.46
29	M	5.58	5.44
30	Tu	5.59	5.41

BIRTHDAY JINGLES.

Birthday jingles are now almost forgotten—we have not the time or the desire to bother about them—but in the good old times they were considered as of great importance. One of the commonest in vogue was the following :—

Monday's child is fair of face.
Tuesday's child is full of grace.
Wednesday's child is full of woe.
Thursday's child has far to go.
Friday's child is loving and giving.
Saturday's child works hard for its living.
And a child that's born on the Sabbath day
Is fair, and wise, and good, and gay.

WISE WORDS.

There is a silver lining to every cloud.

You must take the fat with the lean.

Men are as old as they feel—women as old as they look.

A good beginning is half the battle.

Blushing is a virtuous colour.

Civility costs nothing.

Children are poor men's riches.

East or West, home is best.

What a healthy Woman should Weigh in Proportion to Her Height.

Five feet in height	about 100 lbs.
„ „ one inch	„ 106 „
„ „ two inches	„ 113 „
„ „ three „	„ 119 „
„ „ four „	„ 130 „
„ „ five „	„ 138 „
„ „ six „	„ 144 „
„ „ seven „	„ 150 „
„ „ eight „	„ 155 „
„ „ nine „	„ 163 „
„ „ ten „	„ 169 „
„ „ eleven „	„ 176 „
Six feet...	„ 180 „

What a healthy Man should Weigh in Proportion to His Height.

Five feet in height	about 110 lbs.
„ „ one inch	„ 120 „
„ „ two inches	„ 126 „
„ „ three „	„ 133 „
„ „ four „	„ 136 „
„ „ five „	„ 142 „
„ „ six „	„ 145 „
„ „ seven „	„ 148 „
„ „ eight „	„ 155 „
„ „ nine „	„ 162 „
„ „ ten „	„ 169 „
„ „ eleven „	„ 174 „
Six feet...	„ 178 „

ANÆMIA.

The Cause of Pale Faces.

IF you are Anæmic, you may be certain that it is because your blood is impure, and lacks the living and vitalising red corpuscles which are essential to vigorous health.

Once the blood is loaded with impurities you cannot retain your good health. Impure blood brings about the wretched, dull, helpless feeling that denotes anæmia, the common complaint from which so many young girls and women suffer. Even the men do not always escape.

Girls are usually attacked about the time they enter womanhood, older women through the weakening effect of the ailments peculiar to their constitution. A disordered digestive system is the chief cause of anæmia. The appetite is bad, the bowels sluggish, frequently very irregular in action, and there is much languor, lassitude, and weariness. The rose-hued cheek, the sparkling eyes, which mean so much to a woman, are replaced by sunken cheeks and a sallow complexion. In fact, the prevailing pallor of the skin is one of the commonest symptoms of anæmia. If the complaint is neglected the skin takes on a peculiar green tinge, the languor increases, with weakness and low spirits.

The healing extracts of roots, barks, and leaves, of which Mother Seigel's Syrup is compounded, stop the flow of poisonous matter into the blood by giving tone and strength to the organs of digestion, by removing distressing constipation, and so finally bringing about a purer, richer state of the blood-stream. Mother Seigel's Syrup cleanses and enriches the blood, aids digestion, and makes food nourish you. In this way it both *prevents* and *cures* anæmia. Put it to the test yourself.

A Sick Woman Made Healthy.

Miss Georgie B. St. Cloud, a well-known comedienne and dancer in Scotland, writing from the King's Theatre, Edinburgh, in a letter bearing the date of February 26th, 1912, says :

" Over two years ago, I was so ill that I could retain no food whatever, and became so weak that I was really carried each evening to the Theatre and given a strong drug stimulant just to keep me up for the length of time my turn took, then carried home again. A friend at last advised a trial of Seigel's Syrup, and I bless the day I ever heard of it. I can eat with comfort now, and have no pain, I am never afraid anywhere as long as I have that *precious little bottle near.* It is my sheet anchor, indeed, and I feel sometimes that I could just tell every poor sufferer in the street what a great blessing it has been to me. It is simply wonderful. It has *never failed me.*"

OCTOBER

WEST INDIES

7th. First Qr. ☽ 1.46 a.m. | 22nd. Last Qr. ☾ 10.53 p.m.
15th. Full Moon ○ 6.7 a.m. | 29th. New Moon ● 2.29 p.m.

1913.		Sunrise.	Sunset.
1	W	6.1	5.39
2	Th	6.2	5.36
3	F	6.4	5.34
4	S	6.6	5.32
5	S	6.8	5.29
6	M	6.10	5.27
7	Tb	6.12	5.24
8	W	6.13	5.22
9	Th	6.15	5.19
10	F	6.17	5.17
11	S	6.18	5.15
12	S	6.20	5.13
13	M	6.21	5.11
14	Tb	6.23	5.9
15	W	6.25	5.7
16	Th	6.27	5.5
17	F	6.29	5.3
18	S	6.30	5.1
19	S	6.31	4.59
20	M	6.33	4.57
21	Tb	6.35	4.55
22	W	6.37	4.53
23	Th	6.39	4.50
24	F	6.40	4.48
25	S	6.42	4.46
26	S	6 44	4.44
27	M	6.45	4.43
28	Tb	6.47	4.41
29	W	6.49	4.39
30	Th	6.51	4.37
31	F	6.53	4.35

TEN GOLDEN RULES.

Never put off until to-morrow what you can do to-day.

Never trouble another for what you can do yourself.

Never spend money before you have earned it.

Never buy what you don't want merely because it is cheap.

Pride costs more than hunger, thirst, or cold.

We seldom repent having eaten too little.

Nothing is troublesome that we do willingly.

Never anticipate trouble. Half the evils we fear never happen.

Take things always by the smooth handle.

When angry count ten before you speak—if very angry, count a hundred.

HOUSEHOLD HINTS.

Tough Meat.—Should be laid in vinegar a few minutes before cooking. This is very useful in summer when meat cannot be hung till tender.

To Clean Leather Chairs.—Take the whites of two or three eggs and beat them stiffly. Rub over the leather and polish with a soft cloth.

Mustard Poultices.—Should be made with cold or tepid water. If made with boiling water the poultices are spoilt.

Gilt Frames.—May be cleaned by sponging them with oil of turpentine or spirits of wine, only wetting the sponge enough to remove the dirt. Leave the frames to dry, but do not wipe them.

For Rusty Fireirons.—Try this method: Put some fine coal ashes into a saucer and make into a paste with paraffin. This will remove rust as if by magic.

Care of Oilcloth.—When washing oilcloth, a tablespoonful of painters' size added to a pailful of water will give it a glossy surface and make it wear much better than when washed in the ordinary way.

A Use for White of Egg.—White of egg used instead of water in mixing a mustard poultice prevents the skin from blistering. A little white of egg spread promptly over a burn eases the pain, and prevents the formation of blisters.

WOMEN'S SUFFERINGS.

Their Praise of Mother Seigel's Syrup.

RUNNING through the hundreds of testimonials, voluntarily sent to us year by year, there is a well-marked strain of deep gratitude for cures brought about by Mother Seigel's Syrup. Mother Seigel's Syrup has been dispelling disease, been setting up permanent good health, for hundreds of thousands of people, for nearly half a century. The superlative worth of the medicine is well recognised by women, who have learnt to resort to it as an unfailing cure for the peculiar ailments of their sex. The following letter is from Mrs. Grace Twyman, 31, Barrett Road, Wood Street, Walthamstow, and bears the date Feb. 28th, 1912:

"I am married and the mother of three children. Soon after Christmas I became badly run-down and suffered terribly from indigestion. My worst symptom was vomiting. I could not retain food for even an hour, and became alarmingly weak. I tried Mother Seigel's Syrup, and before I had quite used one bottle was much relieved. In a few days my appetite improved and I could retain all I ate, the sickness having quite stopped. Two bottles of the Syrup cured me."

DREADED TO EAT FOOD.

Existence is a burden to a woman who dreads to eat food, who has violent headaches, and a sensation of suffocation after eating. Such was the experience of Mrs. Emma Snowling, of 3, Albert Cottages, Steam Mill Road, Great Yarmouth, who is a certificated midwife, a profession that is always trying and arduous. Mrs. Snowling is called upon at all hours of the day and night, and in all sorts of weather.

"Six years ago," she states in a letter on Nov. 28th, 1911, "I had a very severe attack of indigestion. Food lay at my chest as heavy as lead, producing a sensation of suffocation, so that I dreaded to eat even the lightest of foods. I was troubled with violent headaches, and vomited quantities of bile.

"I tried first one proprietary medicine and then another. Some of these medicines relieved me for a day or so, but not longer. Then I tried Mother Seigel's Syrup, and had not taken more than four doses before I was distinctly better. Three bottles of the Syrup *cured me outright*, and I still remain well. Since my cure, I have recommended Seigel's Syrup to patients and friends."

NOVEMBER

INDIA

5th. First Qr. ☽ 6.34 p.m. | 21st. Last Qr. ☾ 7.56 a.m.
13th. Full Moon ○ 11.11 p.m. | 28th. New Moon ● 1.41 a.m.

1913.		Sunrise.	Sunset.
1	S	6.55	4.33
2	♋	6.57	4.31
3	M	6.59	4.29
4	♏	7.1	4.27
5	W	7.3	4.25
6	♏	7.4	4.24
7	F	7.5	4.23
8	S	7.7	4.21
9	♋	7.9	4.19
10	M	7.10	4.18
11	♏	7.12	4.16
12	W	7.14	4.14
13	♏	7.15	4.12
14	F	7.17	4.11
15	S	7.19	4.10
16	♋	7.21	4.9
17	M	7.22	4.8
18	♏	7.24	4.6
19	W	7.25	4.5
20	♏	7.27	4.4
21	F	7.29	4.3
22	S	7.31	4.1
23	♋	7.32	4.0
24	M	7.34	3.59
25	♏	7.36	3.58
26	W	7.37	3.57
27	♏	7.39	3.56
28	F	7.41	3.55
29	S	7.42	3.54
30	♋	7.44	3.54

WHEN YOU SNEEZE.

Old sayings about sneezing make people laugh nowadays, yet they were once regarded quite seriously. Here are some taken from an old book long since out of date :—

If you sneeze on Monday you sneeze for danger; sneeze on a Tuesday, kiss a stranger; sneeze on a Wednesday, sneeze for a letter; sneeze on a Thursday, something better; sneeze on a Friday, sneeze for sorrow; sneeze on a Saturday, see your sweetheart to-morrow.

You sneeze once for a wish, twice for a kiss, three times for a letter, four times for something better.

In Devonshire, if a girl sneeze on Sunday morning her lover will be true to her for ever.

Then the Devon folks also say that to sneeze on a Monday hastens anger; to sneeze on a Tuesday is to kiss a stranger; to sneeze on a Friday, give a gift; to sneeze on Saturday, receive a gift; if on Sunday, before you fast, you'll see your true love before a week is past.

THE CARE OF THE SKIN.

With a little care and attention the skin may be kept soft and clear. You must first observe one important rule—that your health is good and your blood pure. Mother Seigel's Syrup will help you to attain that desirable condition. Then, after clearing your system of impurities, you can assist Nature in this way :—

Bathe the face occasionally with equal parts of rose-water and glycerine. This keeps the little cells of the skin surface in good tone, and brightens its texture.

Avoid rough towels—they are apt to break the tiny blood vessels of the skin.

Rubbing the face with the ball of the thumb is an excellent and simple preventive of lines forming about the eyes and the mouth. The rubbing stimulates circulation and strengthens the muscles.

Do not despair if you are troubled with skin disorders—they can be cured. The remedy is Kno-Ska, an ointment with emollient properties that softens and heals all skin surfaces with wonderful rapidity. The great merit of Kno-Ska is that it leaves NO SCAR! It will cure obstinate cases of weeping Eczema, or such unsightly skin troubles as sores, boils, and pimples. Every woman should have a tube of it on her dressing table.

Rheumatism—Gout—Sciatica.

How and Why Mother Seigel's Syrup Cures and Prevents These Kindred Disorders.

SUFFERERS from Rheumatism, Gout, and Sciatica struggle against so much pain and misery, for long and frequent periods, that they often come to believe there is no cure. Rheumatism is caused by *an excess of uric acid* in the system, and Gout and Sciatica, even if not actually caused by uric acid, are *seriously aggravated by it.* There is always a small amount of uric acid in your system, even under ordinary conditions of good health—but that amount is dangerously increased when the digestive organs get out of order. *Then you have the excess of uric acid* we have just spoken of, and when carried by the blood to various parts of the body, it settles in the form of crystals on joints, muscles and nerve-sheaths, and either sets up inflammation, or excites and aggravates inflammation already existing.

If you can keep your stomach, liver, kidneys and bowels in ordinary healthy and active condition you will not be troubled with these inflammatory diseases. You *can keep yourself in that healthy condition if you take Mother Seigel's Syrup—and take it regularly.* Then your food will be nourishing to your system and enjoyable to your palate; your blood will be carrying health, not poisonous acids, to brain, bone, and all the tissues of your body.

The medicinal extracts of more than ten different roots, barks and leaves, which are combined in Mother Seigel's Syrup, aid the stomach, give gentle stimulation to the liver, assist without forcing the action of the kidneys and bowels, and so keep the body free from the stagnation which generates the acid condition. For these reasons Mother Seigel's Syrup is the standard remedy for rheumatism and all the uric acid disorders. Try it; it will quickly prove itself; use it regularly and it will keep you free from these distressing ailments.

NO RHEUMATISM NOW.

Mrs. Mary Ann Vaile, of 94, Moorland Road, Splott, Cardiff, on November 9th, 1911, wrote to us as follows:—

"Thirteen years ago I suffered from rheumatism so severe that for seven months I was laid up in bed quite unable to help myself. During all that period, which seemed to me like a life-time, I endured torture, the slightest movement producing frightful pain. On the advice of a lady friend I took Mother Seigel's Syrup. In less than three weeks I was up and about my work again—truly a wonderful thing when one considers that I had been confined to my bed for months. I assert emphatically that Mother Seigel's Syrup cured me of rheumatism."

DECEMBER

EGYPT

5th. First Qr. ☽ 2.59 p.m. | 20th. Last Qr. ☾ 4.16 p.m.
13th. Full Moon ○ 3.0 p.m. | 27th. New Moon ● 2.59 p.m.

1913.		Sunrise.	Sunset.
1	M	7.45	3.54
2	Tu	7.46	3.54
3	W	7.47	3.53
4	Th	7.48	3.53
5	F	7.50	3.52
6	S	7.51	3.52
7	S	7.52	3.52
8	M	7.54	3.51
9	Tu	7.55	3.51
10	W	7.56	3.50
11	Th	7.57	3.50
12	F	7.58	3.50
13	S	7.59	3.50
14	S	8.0	3.50
15	M	8.1	3.51
16	Tu	8.2	3.51
17	W	8.2	3.50
18	Th	8.3	3.50
19	F	8.4	3.50
20	S	8.5	3.51
21	S	8.6	3.51
22	M	8.7	3.51
23	Tu	8.7	3.52
24	W	8.7	3.53
25	Th	8.7	3.53
26	F	8.7	3.54
27	S	8.8	3.55
28	S	8.8	3.55
29	M	8.8	3.56
30	Tu	8.8	3.57
31	W	8.8	3.58

WEATHER LORE.

Many weather sayings are based upon long continued observation, hence the list we give below may be taken as a fair guide.

A blustering night brings a fair day.

A fair day in winter is the mother of a storm.

A fog and a small moon bring the east wind.

Northern air brings weather fair, but at such a time always expect cold.

A red sky in the morning is the shepherd's warning. A red sky at night is the shepherd's delight.

Round-topped clouds with flattened bases carry rain in their faces.

Summer fogs mean fair weather.

A west wind and an honest man go to bed together.

Cloudy mornings turn to clear evenings.

ANSWERS TO CONUNDRUMS.

(*See page* 13.)

1. Because he polishes the understandings of the people.

2. A pretty girl.

3. Because his tale comes out of his head.

4. When it becomes a woman.

5. The nose.

6. Lie still.

7. Because it is at the end of "life."

8. Because it goes from mouth to mouth.

9. Because it Cru-soe.

10. Because all the pull is on his side.

11. The schoolboy whips tops and the schoolmaster does not whip tops.

12. Because it brightens the spoons.

13. Jacob, because Pharoah made a ruler of him.

14. Because it takes two to complete the spell.

Be Careful of Your Kidneys.

THE great work of the kidneys is to purify the blood. They are, in fact, the blood filters of the body, and have a most important duty to perform. For that reason you must be careful of your kidneys, because kidney troubles are both painful and dangerous. One of the results, the very serious results, of indigestion, is the loading of the blood with impurities, due to the fact that the kidneys have not been able to clear them out of the system day by day. Woe betide you if your kidneys "go on strike"! A common sign of kidney trouble is backache. Either you feel as though you had been stabbed in the back, or you have a dull, sickly pain in the small of the back, which makes life seem a burden to you.

This will be followed by urinary troubles—cloudy, scanty, or highly-coloured urine which leaves a sediment—and, if the trouble is long neglected, a fine, sandy grit may settle in the bladder, causing inflammation and tenderness. It may even lead to the formation of "stone-in-the-bladder," or to the development of Bright's disease. *The beginning of nearly all kidney troubles is impure blood.* That is the reason why unsightly skin affections, such as pimples, blotches, and boils often arise from faulty action of the kidneys.

The digestion should be kept sound, and the blood pure, by taking the greatest of all digestive tonics and blood purifiers, Mother Seigel's Syrup, and then you will avoid kidney troubles. The medicinal extracts of roots, barks, and leaves of which Mother Seigel's Syrup is compounded, are a most valuable tonic for your kidneys, both directly and indirectly. Try a few doses of Mother Seigel's Syrup whenever you have those nasty pains in the back, and you will be delighted at the speedy relief.

EXCRUCIATING PAINS IN THE BACK.

Mrs. R. Frise, 14, Richmond Terrace, Albert Road, S. Woodford, Essex, is very enthusiastic about the merits of Mother Seigel's Syrup, and the reason for it is shown in the following letter, in which she says :—

"For many years I have recommended Mother Seigel's Syrup for Indigestion and biliousness. Some years ago, I had excruciating pains in my chest and back, after eating. Sometimes this quite affected my breathing. I often had a nasty taste in my mouth and heartburn. The bilious attacks would come on at any time, and I would be dizzy and quite unable to work.

"Knowing the value of Mother Seigel's Syrup for stomach and liver troubles, I took a few doses. The Syrup cleansed my tongue, improved my appetite, banished all signs of biliousness and cured me of that complaint and my Indigestion, too. I know of no medicine that is anything like so good, for the stomach or liver, as Mother Seigel's Syrup."

LETTERS FROM GRATEFUL WOMEN.

Indigestion—Sleeplessness—Constipation Cured by Mother Seigel's Syrup.

MRS. LAVINIA RICHARDSON, of 2, Archer Cottages, The Drift, Woodbridge Road, Ipswich, sent us an interesting letter on December 1st, 1911. She had been a great sufferer from indigestion, and the distressing symptoms that follow in its wake. Like most women who suffer from a disordered stomach she did not get relief until she tried Mother Seigel's Syrup, and then, as her letter shows, her sufferings were reduced almost to the vanishing point. Now she can enjoy her food, and obtain nourishment from it. Here is her testimony to the value of Mother Seigel's Syrup :—

"I think perhaps you may like to know that I have found Mother Seigel's Syrup an excellent medicine for indigestion, sleeplessness, and wind. It is also a sure cure for constipation. From time to time I suffered from the complaints mentioned, and for a long time could find nothing to relieve me. Now, I am thankful to say, Mother Seigel's Syrup has reduced my sufferings almost to the vanishing point. It is our family medicine, and my husband and I would not be without it on any account."

If you are troubled by sleeplessness, if you have "knife-like" pains after eating, headaches, fulness of the stomach after meals, you can be cured, just as have hundreds of other women, by taking Mother Seigel's Syrup. You will soon begin to feel better, soon be cured *permanently*.

A WIFE'S TRIBUTE.

On April 17th, 1912, Mrs. C. L. Timson, of 55, New Town, South Willesborough, Ashford, Kent, sent us a letter which is of great interest and value, as showing how Mother Seigel's Syrup, brought back her husband to a state of good health. "He was," she writes, "constitutionally a strong man, but with the loss of his teeth digestive troubles began, and it was not long before he suffered all the horrors of indigestion—pain across the chest after eating, a sensation of stuffiness and oppression, with occasional headache and sickness. He tried a few medicines which did him no good; and finally, acting on my advice, he bought a bottle of Mother Seigel's Syrup. Two bottles cured him. He remains quite well. This proves Mother Seigel's Syrup strengthens the organs of digestion."

FOUR GENERATIONS.

The Value of Mother Seigel's Syrup in the Home.

TIME long ago established the value of Mother Seigel's Syrup as a *remedy* for stomach disorders. For over forty years it has been recognised as the best, the unfailing family remedy in thousands of homes all over the world. Dozens of letters come to us telling of its value for father, for mother, and the children. In fact, as several of the letters in this book set forth, many mothers would not be without a bottle of Mother Seigel's Syrup in the house at any price.

One of these wise mothers is Mrs. Grace Maude Benton, of 92, Russell Street, Peterborough, who in a letter bearing the date April 25th, 1912, gives an account of the great benefit derived by *four generations* of her family from the use of Mother Seigel's Syrup. "So long ago as 1881," she says, "my grandmother used the famous remedy. Her complaint was Indigestion. Afterwards, my mother had occasion to take Seigel's Syrup for the same reason and with a like satisfactory result. Then came my own case. Some years ago, I, too, suffered from Indigestion, with its usual symptoms, and Mother Seigel's Syrup cured me. *Now* I always keep the Syrup in the house for my children—not that *they* suffer from indigestion, but because I have proved the Syrup to be a fine purifier of the blood."

No doubt testimony of this kind seems very wonderful to you who have not tried Mother Seigel's Syrup, but from the enormous number of letters we receive from grateful people instances like this could be repeated time and time again. We do not underestimate the value of all that Mrs. Benton has to say in praise of Mother Seigel's Syrup. It is very gratifying to find that for *four generations* the great herbal tonic has proved itself a friend of the family in the removal of sickness. But "there are others," as a famous barrister once said.

Mrs. Martha Levett, of 30, Parklands Road, Station Road, Hassocks, Sussex, on November 1st, 1911, for instance, wrote to tell us that her mother was a sufferer from indigestion, and probably one of the first to be *cured* by Mother Seigel's Syrup when the medicine was first introduced in 1868. Now Mrs. Levett is 62 years of age, and profiting by the experience of her mother she too has found relief from the pains of acute indigestion by taking Mother Seigel's Syrup. When she describes it as "the best of all medicines" Mrs Levett is echoing the opinion of thousands of grateful women throughout the world.

MOTHER SEIGEL'S PILLS.

A Natural, Harmless Laxative.

IT is a great mistake to use violent purgatives for cases of obstinate constipation. It means overtaxing the bowels, sometimes to a point from which they never regain the normal, healthy condition. The safe course to adopt is to keep the bowels regular in action by the use of a gentle, harmless laxative such as Mother Seigel's Pills. These Pills are intended to assist, not to replace, Mother Seigel's Syrup, and if taken occasionally will relieve the most obstinate cases of irregularity of the bowels. Mother Seigel's Pills are made from curative herbal extracts. Their action is gentle and stimulating, with none of the distressing pains or griping arising from the use of strong mineral purgatives. There is no danger to the system through sudden, violent relaxation of the bowels—to be inevitably followed by a long period of constipation.

When relief has been obtained by the use of Mother Seigel's Pills, regularity can be maintained with small doses of Mother Seigel's Syrup. The Pills are especially useful if the ordinary diet and habits have been disturbed by excitement, or over-indulgence in eating and drinking. To win back your good health you must see to it that the bowels are regular in action. This desirable end can always be attained by the use of Mother Seigel's Pills, followed by small doses of Mother Seigel's Syrup.

Aching Bones and Splitting Head.

Like Mother Seigel's Syrup, Mother Seigel's Pills have won a world-wide reputation. The following letter is an example of the kind we frequently receive from residents in the British Colonies :—

"Some three years ago I was attacked by illness and felt ill all over. It is not easy for me to describe all that I felt, but my bones ached and my head felt as though it would split, both by night and by day. I lost in weight, and rheumatism attacked my back and hips, making my work on the farm very painful and difficult. No one knows how I suffered during those weeks, or how grateful I am now to Mother Seigel's Syrup and Pills, for the benefit they gave me after I had used them only a few days. I took them only two weeks, by which time the aching pains and the rheumatism had left me and I have been in fine health ever since. They were recommended to me by your Agent here, and I bought them from him." JOSEPH BEIVNESS, Osler, Saskatchewan. February 1st, 1912.

Mr. Beivness, as his letter shows, was *cured permanently* by Mother Seigel's Pills, which cleared all the impurities out of his system.

MERSEL'S FOOD.

Ideal for Infants, Invalids, and the Aged.

MERSEL'S FOOD, prepared according to the directions, provides all that is required to form flesh, bone, blood, and muscle. It is the ideal substitute for mothers' milk, both in nutritive and digestive qualities. Everybody knows that the very *best* food for an infant is the milk of a healthy mother. But there are times when for various reasons—perhaps poor health, over-work, worry, absence from home—the mother is obliged to find a substitute for baby's natural food. She may then safely rely upon MERSEL'S FOOD, a pure malted food, prepared from wheat.

There are *convincing reasons* why MERSEL'S FOOD is the ideal food for infants, invalids, and the aged. Let us state them, briefly. MERSEL'S FOOD is *absolutely pure;* it is rich in protein —the vital essence of all food ; it contains the necessary proportion of natural salts, which are essential to the making of bone and muscle ; it is pleasant to the taste ; it has the *same nutritive qualities as human milk;* it is prepared in a form which renders it *easy of digestion* in the *delicate stomach of the infant or invalid;* its *cost* brings it *within the reach of all.* Those are reasons well worth thinking over.

Babies fed on MERSEL'S FOOD do not look like bottle-fed babies. They are firm in flesh, strong in bone and muscle, and free from rickets.

Instead of curding on the baby's delicate stomach in large indigestible flakes, MERSEL'S FOOD separates into very small flakes, almost like a powder, which the child digests without trouble. In this respect, also, MERSEL'S FOOD, when prepared as directed, is practically identical with the milk of a healthy mother.

MERSEL'S FOOD is a wonderful milk-forming addition to the nursing mother's *own* diet. It is also invaluable as a food for invalids and aged people at times when the digestion is weakened and the stomach will not retain the usual nourishment.

If you are nursing a baby, you need MERSEL'S FOOD for yourself; if you have to wean your infant, MERSEL'S FOOD is the ideal form of nourishment for your babe ; if you have an invalid, or an aged person in your care, you need MERSEL'S FOOD to build up their strength, to increase their vitality, or to maintain it !

Should you find any difficulty in obtaining MERSEL'S FOOD from your local Chemist, we will send you a 1/– tin, postage paid, on receipt of a postal order for one shilling or stamps to that value !

What Mothers, Nurses, and Invalids say about Mersel's Food.

Nurse C. B., Wakefield.—"I have found MERSEL'S FOOD of very great value where I thought Infants were not going to live."

Matron C., Bradford.—"I have four Babies in my Home whom I am feeding with MERSEL'S FOOD, and they have improved ever since taking it. I shall continue to use your Food, and will recommend it."

Nurse M. B., Buxton.—"I gave MERSEL'S FOOD to one of my patients who had tried many different foods for her Baby, but none of them seemed to agree with it. I have noticed a great improvement since it has been fed on MERSEL'S FOOD."

Nurse M. C., Brixton.—"I have found MERSEL'S FOOD very satisfactory, especially in cases of the aged."

KNO-SKA (NO SCAR)

For Eczema—Piles—and Skin Disorders.

KNO-SKA (No Scar) is an antiseptic and emollient ointment of proved efficacy in the treatment of Eczema, Piles (Hæmorrhoids), and skin disorders. Kno-Ska cures *permanently*, often when other treatments have failed.

Applied to the face, arms, legs, or other parts of the body affected by Eczema, Kno-Ska heals the skin surface quickly—and leaves NO SCAR.

If you suffer from Piles first bathe the affected parts with warm water, and then apply Kno-Ska gently. You may expect a little smarting at first, but it will soon pass away. Mild forms of Piles soon yield to Kno-Ska, but in obstinate cases the treatment must be continued for a longer period.

Kno-Ska destroys poisons in wounds and sores, softens and heals all irritated skin surfaces—*it soothes while it cures.* Your local chemist or storekeeper can supply it.

What People say of Kno-Ska.

"For over 30 years I was a great sufferer from Eczema and for the last 10 years I had been much worse. . . . A course of Kno-Ska cured me completely."—Mrs. E. B., Brighton.

"For a week or two I was troubled with a nasty patch of Eczema, on my leg. Three applications, only, of your Kno-Ska ointment cured me and the skin is now soft and clear."—K. M. B., Croydon.

"I thank you very much for the tube of Kno-Ska. It has done good in a case of Piles, and I am very well pleased with it."—J. E. S., New Church, near Manchester.

"I have pleasure in telling you that Kno-Ska was prescribed by my family doctor—and in less than two weeks it entirely cured a disfiguring eruption on the face, from which my daughter was suffering."—L. M., South Kensington.

MOTHER SEIGEL'S PLASTERS.

How They Relieve Pain.

MOTHER SEIGEL'S PLASTERS do not burn or irritate the skin, but soothe and heal just as soon as their medicinal properties have been absorbed by the pores, and spread through the system. Mother Seigel's Plasters are made flexible, so that they fit closely when applied, and as they are porous all the humours withdrawn from the affected part escape readily. These Plasters are better, cheaper, more convenient than liniments and embrocations, which they have replaced in thousands of homes. For aches and pains in the body that need soothing treatment always use Mother Seigel's Plasters. Then you will experience no burning or irritation of the skin, as is the case when mustard plasters are used.

Mother Seigel's Malt Cough Balsam.

WHEN you have a cough, with irritation in the throat and a wheezing, difficult breathing, your proper course, and probably your desire, is to cure it at once. Mother Seigel's Malt Cough Balsam will cure it quickly and surely. It soothes the irritated glands of the mouth and throat, and puts an end to the cough, and the difficulty of breathing. The Balsam has no injurious effect on the stomach and bowels, as have so many ordinary cough mixtures. That, together with its complete success as a cough cure, is why Mother Seigel's Malt Cough Balsam has been popular for a quarter of a century.

MOTHER SEIGEL'S OINTMENT.

EVEN in the best regulated household you are bound to have accidents. Children will get cuts, slight wounds, and abrasions, and adults cannot escape annoying little bruises, burns, scalds, chapped hands, cold sores, and other minor injuries. We are all subject to one or more of these happenings sooner or later. For all such Mother Seigel's Ointment is a most excellent, handy remedy. It has a soothing as well as a healing effect, and when laid on a bruise, scratch, or other wound, it prevents the humours and pains of inflammation. Applied to wounds or sores Mother Seigel's Ointment brings about a speedy cure. It is just the thing to keep handy in the family cupboard.

Directions for taking Mother Seigel's Curative Syrup.

DOSE.—Fifteen to Thirty Drops, two or three times a day, in a wineglassful of water, directly after eating.

NOTE.—Mother Seigel's Curative Syrup is put up in a very highly-concentrated form, therefore the dose must be given in drops—one teaspoonful contains 60 drops. The dose is easily regulated, as one-quarter of a teaspoonful is 15 drops.

Commence by taking ten or fifteen drops three times a day, directly after eating, in a little cold sweetened water. If this does not give relief, increase the dose to thirty drops, always to be taken directly after eating, so that Mother Seigel's Curative Syrup may become mixed with the food while being digested. It is best not to take Mother Seigel's Curative Syrup on an empty stomach. It is essential that the bowels be made to move freely every day, and if the above doses of Syrup be not sufficient to effect this, take one to four of Mother Seigel's Operating Pills at bedtime. It is better to take the Pills than to increase the dose of Mother Seigel's Curative Syrup.

PRICES.

MOTHER SEIGEL'S SYRUP	1/1½ & 2/6 per bottle.
The 2/6 bottle contains 3 times as much as the 1/1½ size.	
MOTHER SEIGEL'S SYRUP TABLETS	2/9 per bottle.
„ PILLS	1/1½ per box.
„ PLASTERS	1/1½ each.
„ MALT COUGH BALSAM	1/1½ & 2/6 per bottle.
„ OINTMENT	1/1½ per box.
MERSEL'S FOOD FOR INFANTS AND INVALIDS ...	1/- per tin.
KNO-SKA for Eczema and Piles	1/1½ & 2/9 per tube.

Sold by all Chemists and Patent Medicine Vendors. In case you cannot obtain the remedies, we will forward them direct and post free on receipt of P.O.O. or stamps

A. J. WHITE, Ltd., 35, Farringdon Road, London, E.C.

MOTHER SEIGEL'S SYRUP
ONCE
"A VICTIM OF INDIGESTION"
NOW "ALWAYS MERRY & BRIGHT"